



**DEPARTMENT OF THE ARMY**  
**HEADQUARTERS, V CORPS**  
**UNIT 29355**  
**APO AE 09014**



**Policy Memorandum #10**

AETV-CG

NOV 26 2001

**MEMORANDUM FOR SEE DISTRIBUTION**

**SUBJECT: Physical Fitness Training in V Corps**

1. Reference. USAREUR Command Policy Letter 8, Physical Fitness Program, 1 March 1999.
2. Intent. The benefits of an aggressive and comprehensive physical fitness training program have long been recognized in the US Army. It prepares our soldiers to overcome the physical hardships they will encounter and ensure success on the battlefield by increasing their physical ability in the area of strength, conditioning and stamina. Combat is, and will continue to be, extremely physical in nature. We must prepare our soldiers for that environment. Additionally, the program, if executed to standard, generates unit cohesion and fosters teamwork. It also serves as an excellent forum for our junior leaders to hone their leadership skills and establish a bond of trust and confidence with their soldiers.
3. Commanders will design and implement a physical fitness training program in accordance with the following guidance:
  - a. Execute physical fitness sessions at least four times per week while in garrison.
  - b. Schedule sessions to allow soldiers sufficient time to take children to child care centers as required and, following the session, adequate time for personal hygiene, area cleanup, and breakfast.
  - c. Expend adequate time in the planning and preparation of the overall program and ensure that leaders who conduct or lead individual sessions have sufficient opportunity to rehearse. Good physical fitness training programs or sessions don't "just happen."
  - d. Develop and implement incentive awards programs and objectives while using existing programs such as the Army Physical Fitness Badge and the V Corps 300 Club to motivate and recognize outstanding soldiers.
  - e. Motivate soldiers to work toward the Corps goal of running 4 miles in formation within 36 minutes.

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4. On any given day, physical fitness training may be the most important training scheduled. Properly conducted, it builds physical and mental toughness, self-esteem, teamwork, unit cohesion, and esprit de corps. The physical fitness session is the one hour during the day in which commanders can train soldiers in physical conditioning without interruptions. Commanders must make the most of the time provided. Only superb physical conditioning will enable us to sustain tactical operations, endure stress and hardship, and continue to press the fight. Within the scope of this guidance, commanders are encouraged to use imagination and initiative and to include strenuous job-related activities where possible. Physical fitness training should be challenging, fun, and sufficiently varied to avoid the boredom that comes with endless repetition.

5. Policy memorandum #10 dated June 2001 is hereby rescinded.

6. Victory Corps!

A handwritten signature in black ink, appearing to read 'William S. Wallace', with a long horizontal flourish extending to the right.

WILLIAM S. WALLACE  
Lieutenant General, USA  
Commanding

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